**VICTORIAN BAR ASSOCATION – Health Crisis Help Services**

The Bar funds a certain amount of counselling services so it is free to members and their families.

[Re-Vision Group](https://revisiongroup.com.au/)

9650 5540

[Converge International](https://www.convergeinternational.com.au/)

1300 687 327

**NATIONAL HELP LINES AND WEBSITES**

[Lifeline](https://www.lifeline.org.au/Get-Help/I-Need-Help-Now) (anyone having a personal crisis) — call 13 11 14 or chat online

[Black Dog Institute](http://www.blackdoginstitute.org.au/)

Information on symptoms, treatment and prevention of depression and bipolar disorder.

[Headspace](http://www.headspace.org.au/)

1800 650 890

Free online and telephone service that supports young people aged between 12 and 25 and their families going through a tough time.

[Kids Helpline](http://www.kidshelp.com.au/)

1800 55 1800

A free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.

**KIDS SECTION:**

[School TV](https://protect-au.mimecast.com/s/b0NvCxnglwIx0xOPFDFmur?domain=schooltv.me/)

A wellbeing platform created for parents to support students.  The site now includes a comprehensive COVID-19 guide for families**.**

[WFH + Kids (article from Planet NRFA)](https://protect-au.mimecast.com/s/QwTTCzvknyh4B4LOIv2COz?domain=athena.ad.adsinternal.com)

[How to work from home with kids (and actually get things done)](https://protect-au.mimecast.com/s/PhIbCANpmgFEoEYGTZ1Vlz?domain=beamaustralia.com.au/)

[ABC TV Education](https://protect-au.mimecast.com/s/AO2UCBNqnjF8m8ozuVSlR6?domain=abc.net.au/)

**MEDITATION, YOGA AND HIGH INTENSITY**

[The Meditation Society of Australia](http://www.meditation.org.au/):   
An online community that offers downloadable podcasts and phone apps including guided meditations, meditation music and children’s meditation. Many are free, including a Meditation for Beginners course, or you can sign up for the $10 premium membership. Free online classes are radio quality, whereas premium members have access to high-quality CD format. 

<https://www.smilingmind.com.au/>  
A free online meditation that offers programs in homes, schools and workplaces.  
Smiling Mind is now considered to be one of the world’s leaders in the pre-emptive mental health space and Australia’s go-to expert for youth-based mindfulness programs.

[www.gaia.com/‎](https://www.googleadservices.com/pagead/aclk?sa=L&ai=DChcSEwiQ58rDhuzoAhULk48KHQrpD5IYABAAGgJzYg&ohost=www.google.com&cid=CAESQOD2RQKC-NEs22VuOrLGEyCSaL9SiTM5n2ADVwIKYRHz5hwYqKcbTbBwM4mngiWryy3s9SU4SrTcpdw3m5Wh9kc&sig=AOD64_1dref3M-MrVnSE-b1Jv0irxxgQJg&q=&ved=2ahUKEwjZzsTDhuzoAhXyyDgGHeZJA5EQ0Qx6BAgTEAE&adurl=&bg=!oKOlo7tYzMDqSUy0TQUCAAAAI1IAAAABCgBLAkCPcLX3kmVse4c1IW0g3uAERlxhVKlGMIXDkvixKnBV1kaOTb8cSUpxLmOAl3fF63bHgaV_cQqvGUImcs77twzLv9FdTEFIS8l6mQDeyfF5reMz2LymKpAiW-WmRw2cjdzlYEALqKJpTkRKAEep7Yu1BYULsMg2ZPwHToSlmb6_vZX4yVSt8ztqLyTLujNfftCSk7TkFTAd4dX-9UeO8_fqHK4ewcC8dXXQ0Adou8dTOB3eB1Naglvlu0sfrKPyZZ1SJE-UfW0kBtZio5NuS_Pm7CsVDFR3Jxz7LZd_dVxZouG9wTLSMdt55KXWgSdN1sLtXPResvWB7EVRNxgoFmb1xDy2zyvNt6wpLwB426E1riCU6peAhjSHx_bF0CB2T2uhqP1css2z0yVk)

Discover hundreds of classes, from vinyasa flow to foundation builders for beginners. Practice unlimited yoga on Gaia all month for less than the cost of a studio drop in. Watch Anytime, Anywhere. Yoga & Meditation Classes. Meditation & Mindfulness.

Corepower Yoga: Check out these free on-demand yoga and sculpting videos [on the Corepower Yoga website](https://www.corepoweryogaondemand.com/keep-up-your-practice?utm_medium=Email&utm_source=ExactTarget&utm_campaign=20200313+LETTER+FROM+HP).

[Orangetheory](https://www.orangetheoryfitness.com/): This popular endurance class focuses on intervals and targeting certain zones of your heart rate. Given the impact of COVID-19, Orangetheory is now uploading [new at-home 30 minute workout routines daily](https://www.orangetheory.com/en-au/member-communication-regarding-coronavirus/). You won't need any special equipment, but the instructors do get creative and have you utilise objects you can find around the house like coffee jugs in lieu of weights.

**HEALTHY EATING SUGGESTIONS**

<https://www.eatforhealth.gov.au/>

<https://www.vichealth.vic.gov.au/be-healthy/healthy-eating-tips-from-vichealth-ceo-dr-sandro-demaio>